# Beef producers to vote on program

Beef producers will vote early in 1980 on whether they want a nationally coordinated beef research and information program.

The upcoming referendum was announced recently by Assistant Secretary of Agriculture, P. R. Smith. He said beef producers will be asked to register for the referendum between January 28 and February 6.

They'll vote by secret ballot February 19-22.

The order issued by the U. S. Department of Agriculture authorizing the program provides for a beef board of up to 68 producers to administer the program. There would be as many as five non-voting consumer advisors to the board.

Each state or geographic area would be represented on the board in proportion to its share of the U. S. Cattle industry.

The program would be funded by assessments based on the value of cattle sold. During the first two years of the program, assessments could be up to two-tenths of one percent of the value of cattle sold (20 cents per $100).

After two years, the board could recommend an increase up to five-tenths of one percent.

All sellers in the marketing chain would be assessed. The buyer at the point of slaughter would deduct the total assessment and forward it to the board. Any producer could request and receive a refund of the assessment paid.

Ray Fitzgerald, Administrator of ASCS, said his agency will conduct the referendum. The department's Agricultural Marketing Service would monitor the program.

Rules for registering and voting in referendums have changed, noted Fitzgerald. He said the department determined that 10 days (8 working days) would be sufficient for all producers to register and that the four-day voting period would result in a more efficient voting procedure and reduce administrative costs.

A similar order, issued in 1977, although favored by 56.4 percent of voting producers, did not receive the required two-thirds approval. Since that time, the Beef Research and Information Act has been amended by Congress so that a majority of producers will be sufficient for approval of the order.

Following the change, in legislation, beef industry organizations proposed a new order. A public hearing has been held in five locations. Based on the hearing testimony, the department issued a recommended decision and order in September.

Comments were accepted for 45 days and were considered in developing the order announced recently.

Producers may register and vote at the ASCS office. Registration and voting can be completed by mail if information and ballots are requested in advance.

The order and notice of referendum was scheduled for publication in the Federal Register December 14.

Copies of the order can be obtained from the Livestock, Poultry, Grain and Seed Division, AMS, Room 2610-S, U. S. Department of Agriculture, Washington, D. C. 20250.

Referendum rules can be obtained from local ASCS offices or from the Emergency and Indemnity Programs Division, ASCS, Room 4095-S, U. S. Department of Agriculture, Washington, D. C. 20250.

ASCS TODAY

By Tom Conrad

**USDA ASKS FOR COMMENTS ON 1980 FIRE AND SUN-CURED TOBACCO PROGRAMS**

The public has until January 18 to comment on how large the 1980 national marketing quotas should be for fire and sun-cured tobacco.

A final decision on quotas will be announced before February 1, according to Ray Fitzgerald, Administrator of ASCS.

Fitzgerald said national marketing quotas will be established for fire-cured (types 21-23) and Virginia sun-cured (type 37) tobaccos.

Further details about the programs for these types of tobaccos were published in the December 18 Federal Register.

Comments should be sent to the Director, Price Support and Loan Division, USDA-ASCS, P. O. Box 2415, Washington, D. C. 20013. The comments will be available for public inspection in the office of the Director, Room 3741 of the Department's South Building.

## Teen leaders give Christmas party

By Laura Walton

On December 20, 1979, the Appomattox 4-H Teen Leader Club gave a Christmas Party for a group of 1st and 2nd graders from the Appomattox Primary School. We served a dinner, played games with them, and had a visit from Santa Claus who gave out presents.

Pictured above are the children with Santa Claus.

## VLAS provides free legal aid

The legal staff of the Virginia Legal Aid Society provides free legal services to people who cannot afford to pay for an attorney.

The organization handles civil, non-fee-generating cases such as consumer, education and housing problems. The VLAS does not handle criminal or traffic cases.

Residents of Appomattox, Lynchburg, Campbell and Amherst may make appointments to discuss legal problems by writing or calling the Virginia Legal Aid Society, 901 Main Street, P. O. Box 427, Lynchburg, Va. 24505 (846-1326).

In Appomattox cases are handled locally at St. Anne's Episcopal Church, Oakleigh Ave. (½ block off Route 460), from 9:30 a.m. to 12:30 p.m. the second and fourth Thursdays of each month.

# Pamplin

DECEMBER 31 - Mrs. Alex Nimmo, Miss Agnes Nimmo and Miss Margaret Nimmo spent several days last week with Mrs. Nimmo's daughter Mrs. Lewis Hughes in Girard, Pa.

Mr. and Mrs. Horace Coleman of Seven Springs Farm returned last Thursday from Norfolk after spending Christmas with the children.

Mr. and Mrs. Malcolm Inge spent Christmas with their son and daughter-in-law, Mr. and Mrs. Malcolm Gray Inge in Farleyville.

Mrs. C. H. McCall's recent guest were: Mr. and Mrs. Morris Hampton, Mr. and Mrs. J. S. Smith, Lynn and Laura, Leesburg, Ga., Mr. and Mrs. Charles R. Ramsey, Vickie, Mrs. Kenneth Story, and Jennifer of Waverly, Miss.

Those in town for Christmas were: Mr. and Mrs. Russell Neeley, Danville, Mr. and Mrs. Harold Souther, Norfolk, Mrs. Ernest Bateman, Lynchburg, Mr. and Mrs. Phillip Lucado, Diane and Phil of Greensboro, N. C., Mr. and Mrs. Percy Lucado, Jr., Greg, Courtney, Brandon and Whitney, of Fredericksburg, Mr. and Mrs. David Savitz, of Roanoke, Miss Donna Smith, of Richmond, Hal Smith, Lynchburg College, Miss Maryjane Smith, Longwood College, Mrs. Nick Seay, Maidson, Wisc., Mr. and Mrs. W. C. Dudley, Jr., and son, Will of Luray, Mrs. Joe Turney, Tracy, Kelly and Joe Jr., of Danville.

Mr. and Mrs. Lynford Cumby spent Christmas with their daughter and son-in-law, Mr. and Mrs. Barry Austin of Richmond.

Mrs. C. W. Slayton geturned recently after spending a week with her daughter, Mrs. Mildred Dalton in Temple Hill, Md.

Mr. and Mrs. Roy Lucado spent Christmas with their son and daughter-in-law, Mr. and Mrs. Dick Baldwin and family in Richmond.

Mrs. Lynford Cumby and daughter, Jean and Mr. Roy Lucado spent last Friday in Roanoke with Mr. and Mrs. Ralph Lucado.

Mr. and Mrs. Howard Williams, Jr. had as their guest last week-end, Mr. and Mrs. John Ligon, Karen, Kathy, John Keith, Kathy and Gill McMillan of Eastern Shore and Mr. and Mrs. R. G. Priest of Richmond.

Mrs. Walter Jamerson and daughter of Lynchburg spent last week-end with Mrs. Frank Irvine.

# Noble addresses FFA on safety

Ray Noble, of the Appomattox Volunteer Rescue Squad, was guest speaker at the regular monthly meeting of the Appomattox Senior FFA (Future Farmers of America) Jan. 3 in the high school auditorium.

He talked about the safety aspects of hunting, automobile safety, safety in the home, and some common safety problems when dealing with agricultural and shop equipments.

He emphasized the importance of advance planning in all safety programs and knowing the exact location of your home in giving directions to the rescue squad.

Following the presentation Mr. Noble answered questions of chapter members and explained further the workings of the local rescue squad and membership requirements.

The FFA chapter expressed their thanks to Mr. Noble for his time donated in making this presentation.

Mr. and Mrs. Ralph Lucado of Roanoke visited relatives here Sunday.


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# Good news for homemakers

Shirley W. Walton
Extension Agent

# Wear woolen clothing to chase winter chills away

Wool is an all year round fabric. It breathes. It is lightweight and absorbent. It provides comfort and warmth. Wool or wool blend sweaters, vests, socks, hats, slacks, skirts, jackets and thermal underwear are popular winter clothing items. They hug the body, thus keeping the warm and keeping the body heat within the clothing rather than allowing it to escape.

It is most important that you keep your wool clothing items clean. Since they do hug the body, they readily accumulate soil from body oil and perspiration. Labels on purchased garments provide care instructions. When you purchase wool fabric or wool blend fabrics, they, too, have care instructions. Wool is a fiber that requires very gentle care. Agitation and handling should be kept at a minimum in order to avoid shrinkage and felting if the garments have not been treated for such control.

Before laundering wool sweaters or other clothing items, be sure to close zippers, fasten hooks and eyes to avoid snagging. Garments should be turned inside out.

When machine washing, choose the gentle or knit cycle, using a warm water wash and cold rinse. Some manufacturers recommend a brief agitation and soak period. Check the washer's use and care manual for suggested washing and drying procedures. If items can be machine dried, tumble until just dry. Do not overheat and over-dry.

Hand wash woolens in warm sudsy water. Keep the garment submerged, gently squeezing the suds through the fabric. Don't wring or twist. Rinse in the same manner until the water is clear. Squeeze excess water out. Roll the item in a terry towel to absorb excess moisture. Block and dry away from direct heat on a flat surface.

Sweaters should always be dried on a flat surface. It helps to outline the sweater on a clean piece of paper before laundering. This served as a guide for reshaping it to its original size after washing. Finger press the sweater gently to this outline as it is drying.

Use a pressing cloth and low heat to press wool. Hang garments on hangers shaped to fit shoulders and extend to the shoulder seams. Hang slacks by the cuffs, skirts by the waistband. Heavy bulky knits and those with loosely stitched patterns are better folded and kept in drawers to avoid stretching out of shape.

Wools are really popular in today's fashion market. Not only are they popular because wool is being worn more as a fashion fabric, but it is also very popular as a warm clothing item.

Homemakers, if you have homemaking questions or problems, you may call the Appomattox County Extension Office at 352-8244 or write us at P. O. Box 488, Appomattox, Va. 24522. Have a good week!

**Recipe of the week**

**Mom's Impossible Quiche**

12 slices bacon (½ pound) crispy fried and crumbled or 1 cup ham or turkey
1 cup shredded natural Swiss cheese
⅓ cup finely chopped onion
2 cups milk
½ cup biscuit mix
4 eggs
¼ teaspoon salt
1/8 teaspoon pepper
½ teaspoon poultry seasoning (if you use turkey)

Heat oven to 350°. Lightly grease 9 or 10 inch pie plate. Sprinkle bacon, cheese and onion evenly over bottom of pie plate. Place remaining ingredients in blender container. Cover and blend on high speed 1 minute. Pour into pie plate. Bake until golden brown and knife inserted in center comes out clean, 50 to 55 minutes. Let stand 5 minutes before cutting. Refrigerate any leftover quiche and rewarm to serve. Six servings. Delicious.

Note: Because of many requests, we are using this again in the Recipe of the Week column. Many thanks to my mother, Mrs. Philip Williams for sharing this family favorite with us. It is a perfect cold winter supper meal with a fruit or vegetable salad added.

# Mrs. Alvis' 4-H club

Mrs. Alvis' 4-H Club met on Tuesday, Dec. 11, at 11 a.m. The President, Kim Fuller, called the meeting to order. Tracy Perkins led the American Pledge and Chip Herncall led the 4-H Pledge. Mrs. Chilton went over the 4-H'ers checklist for Energy Conservation. The Recreation Leaders led us in playing Waste or Save.

Mrs. Walton then showed us how to make Christmas wrapping papper and draft stoppers. She also showed us how to make flowers.

The meeting was then adjourned.

# Homemakers to meet Jan. 15

The Appomattox Homemakers Extension Club will hold its regular monthly meeting Jan. 15 at 10 a.m. Memorial United Methodist Church in the Fellowship Hall.

All members are urged to attend.

Light refreshments will be served by the Methodist ladies.

Classified Ads Get Results

# Don't take a tumble if you can help it

By: Lonnette M. Chilton
Extension Agent

A safe home is one that is planned, built, equipped, operated, and maintained to reduce the possibility of injuries to people and to reduce economic losses. People speak of being "safe at home." However, about a third of the disabling injuries caused by accidents of all types in the United States occur in the home.

There are many types of accidents that occur in the home, but falls are one of the major causes of the greatest number of injuries and most serious financial losses.

These accidents may be contributed to faults in your home, such as (1) Its plan, construction and state of repair; (2) Failure of persons to learn or observe safety rules and practices; and (3) Human weaknesses related to physical, mental, and emotional health, hurry and fatigue.

It is your responsibility to take preventive measures and improve the safety of your home. Correct faults in your home to the fullest extent possible. As needs appear, have them repaired--do not procrastinate. Adopt and teach family members housekeeping practices and habits which contribute to safety.

Here are some other ways to help you stay on your feet:

Keep traffic route clear:

1. Teach children to keep playthings out of the main walkways in the house.
2. Arrange and use furniture to keep traffic routes straight or clear, especially in bedrooms and living rooms.

Check steps and stairs:

1. Remove snow and ice from walks and steps or spread de-icers or sand.
2. Wipe up spills immediately. Have family members remove wet or muddy footwear upon entering the house.
3. Do not build stairs too steep.
4. Provide sturdy handrails on all stairs, at least on one side of each stairway.
5. Where there are toddlers, install gates at head and or foot of open stairs.
6. Light each stairway so that all steps can be plainly seen. Have light where you need it:
1. Have light control switches just inside the opening side of outside doors and rooms, to prevent stumbling while groping for a light.
2. Have a light in every closet, or keep a flashlight at hand.
3. Turn on a bedside light before getting up during the night.
4. Provide a night light for children.

Reach Properly for High Places:

1. Keep handy and use a good stepladder or a step stool, for climbing to points above normal reach.
2. Don't leave any ladder where children might be tempted to climb it.

General:

1. Be cautious when carrying bulky items.
2. Avoid unnecessary haste.

## Jordan news

The services that were scheduled for Jan. 6 have been postponed to a later date.

Friday night, Jan. 11, the Senior Choir will meet for practice at 7:30.

On the Second Sunday night, Jan. 13, at 7 p.m., there will be preaching services held at the Jordan Baptist Church.

On the Third Sunday, Jan. 20, at 3 p.m. there will be a special program. This program will be sponsored by the ladies club.

We still remember all the sick and shut-ins in prayer.

## Zion Baptist Church

Our first snow of the season came on Friday.

Happy and prosperous New Year to one and all.

Due to the snow, we did not have Sunday School or regular service at the Zion Baptist Church Sunday. We hope to have our regular service on the third Sunday at 11 a.m. Our pastor will be the Rev. Charles Lewis.

The ladies aid will meet at the church Sunday at 2 p.m.

Mrs. Lizzie Mack is very sick in Virginia Baptist Hospital in Lynchburg. We are praying for a speedy recovery for Mrs. Mack.

Our other sick and shut-in is improving slowly.

We are praying for our sick and shut-in everywhere.

# School menus

**Appomattox Elementary**

**Thurs., Jan. 10** - Beef raviola casserole, hot rolls, baby lima beans, applesauce, milk.

**Fri., Jan. 11** - Hotdog on bun, baked sweet potatoes & apples, coleslaw, gingerbread, milk.

**Mon., Jan. 14** - Oven fried chicken, green beans, creamed potatoes, sliced bread, fruit cup, milk.

**Tues., Jan. 15** - Ham patties, seasoned red beans, hot rolls, buttered corn, pear cubes, milk.

**Wed., Jan. 16** - Hotdog on buns, coleslaw, pork n' beans, applesauce, milk.

**Thurs., Jan. 17** - Sliced turkey w/gravy, hot rolls, green peas, creamed potatoes, sliced peaches, milk.

**Mon., Jan. 21** - Chilicon carne w/beans, hot rolls, coleslaw, gingerbread, applesauce, milk.

**Tues., Jan. 22** - Peanut butter & jelly sandwich, chicken noodle soup, apple cobbler, milk.

**Wed., Jan. 23** - Baked beans w/hot dogs, hot rolls, buttered corn, fruit cup, milk.

**Thurs., Jan. 24** - Pork barbecue on bun, season red beans, coleslaw, pear cubes, milk.

**Fri., Jan. 25** - Oven battered fish, cornbread, turnip greens, creamed potatoes, mixed fruit, milk.

**Mon., Jan. 28** - Oven fried chicken, sliced bread, green peas, buttered corn, pear cubes, milk.

**Tues., Jan. 29** - Lasagna casserole, hot rolls, greenbeans, purple plums, cookies, milk.

**Wed., Jan. 30** - Hot dog on bun, blackeyed peas, candied sweet potatoes, fruit mix, milk.

**Thurs., Jan. 31** - Cheese pizza w/beef, buttered corn, tomatoes & lettuce salad w/french dressing, applesauce, milk.

**Fri., Feb. 1** - Beef-A-Roni, buttered broccoli, hot rolls, sliced peaches, milk.

**Primary Menu**

**Mon., Jan. 14** - Hot dog on bun, string beans, slaw, cake and sauce, milk.

**Tues., Jan. 15** - Chili beans, tossed salad, apple sauce, roll, butter, milk, graham cracker.

**Wed., Jan. 16** - Chicken, potatoes and gravy, green peas, roll, butter, milk, fruit.

**Thurs., Jan. 17** - Hamburger, mixed veg., candied yams, jello, topping, milk.

**Fri., Jan. 18** - Fish, macaroni and cheese, greens, corn bread, butter, milk, fruit.


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